

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Girls U 8 - 100 Metre x 4**

Record: S 1:06.42 27/11/2010 Eastern Suburbs			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Manly Warringah, 3	---		1:07.85Q
2 Hills District, 15	---		1:10.23q
3 Albion Park, 71	---		1:12.06
4 Port Hacking, 110	---		1:12.41
5 Rouse Hill Rams, 248	---		1:12.44
6 Eastern Suburbs, 2	---		1:13.92
-- Randwick Botany, 1	---		DQ IAAF 163.3
Heat 2 Heats			
1 Northern Suburbs, 54	---		1:09.31Q
2 Ryde, 38	---		1:09.35q
3 Mosman, 19	---		1:10.48q
4 Holroyd, 6	---		1:10.83q
5 Winston Hills, 76	---		1:19.77
-- Prospect, 95	---		DQ IAAF 170.7
-- Terrigal/Wamberal, 155	---		DQ IAAF 170.7
Heat 3 Heats			
1 Balmain, 17	---		1:07.42Q
2 Ku-Ring-Gai, 84	---		1:07.55q
3 Camden, 61	---		1:10.31q
4 Cherrybrook, 219	---		1:10.86
5 Sutherland, 11	---		1:11.68
6 Colyton St Clair, 151	---		1:16.15
7 Liverpool City, 48	---		1:16.43
8 Hornsby, 4	---		1:24.72

**Girls U 8 - 100 Metre x 4**

Record: S 1:06.42 27/11/2010 Eastern Suburbs			
Name	Year	Centre	Final
Section 1 Final			
1 Ku-Ring-Gai, 84	---		1:06.55
2 Manly Warringah, 3	---		1:07.36
3 Ryde, 38	---		1:08.00
4 Northern Suburbs, 54	---		1:08.82
5 Mosman, 19	---		1:08.91
6 Holroyd, 6	---		1:10.02
7 Hills District, 15	---		1:10.15
8 Camden, 61	---		1:10.28
-- Balmain, 17	---		DQ IAAF 170.7

**Girls U 9 - 100 Metre x 4**

Record: S 1:01.25 24/11/2012 Camden			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Hills District, 15	---		1:04.03Q
2 Northern Suburbs, 54	---		1:06.23
3 Camden, 61	---		1:08.50
4 Girraween, 51	---		1:09.57

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**...Girls U 9 - 100 Metre x 4**

5 Kings Langley, 53	---	1:10.04
6 Holroyd, 6	---	1:10.48
Heat 2 Heats		
1 Doonside, 140	---	1:03.48Q
2 Illawong, 70	---	1:03.87q
3 Ku-Ring-Gai, 84	---	1:04.23q
4 Ryde, 38	---	1:04.31q
5 Mosman, 19	---	1:07.50
6 Canterbury, 55	---	1:08.42
7 Albion Park, 71	---	1:09.83
Heat 3 Heats		
1 Randwick Botany, 1	---	1:04.47Q
2 Port Hacking, 110	---	1:04.59q
3 Sutherland, 11	---	1:04.88q
4 Balmain, 17	---	1:06.39
5 Prospect, 95	---	1:06.91
6 Rouse Hill Rams, 248	---	1:08.03
7 Manly Warringah, 3	---	1:13.02

**Girls U 9 - 100 Metre x 4**

=====			
Record: S 1:01.25 24/11/2012 Camden			
Name	Year	Centre	Final
=====			
Section 1 Final			
1 Doonside, 140	---		1:04.35
2 Illawong, 70	---		1:04.49
3 Randwick Botany, 1	---		1:04.76
4 Port Hacking, 110	---		1:05.00
5 Ryde, 38	---		1:05.28
6 Ku-Ring-Gai, 84	---		1:05.46
7 Sutherland, 11	---		1:05.70
8 Hills District, 15	---		1:08.65

**Girls U 10 - 100 Metre x 4**

=====			
Record: S 57.89 24/11/2012 Eastern Suburbs			
Name	Year	Centre	Heats
=====			
Heat 1 Heats			
1 Northern Suburbs, 54	---		58.45Q
2 Camden, 61	---		59.81q
3 Ku-Ring-Gai, 84	---		1:03.05
4 Cherrybrook, 219	---		1:04.87
5 Campbelltown, 36	---		1:04.90
6 Emu Plains, 121	---		1:05.51
7 Eastern Suburbs, 2	---		1:05.51q
8 Albion Park, 71	---		1:07.46
Heat 2 Heats			
1 Wollongong City, 102	---		59.28Q
2 Sutherland, 11	---		1:00.95q
3 Liverpool City, 48	---		1:05.12
4 Mosman, 19	---		1:06.03
-- Girraween, 51	---		DQ IAAF 170.7
-- Balmain, 17	---		DQ IAAF 170.7

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**...Girls U 10 - 100 Metre x 4**

-- Manly Warringah, 3	---	DQ	IAAF 163.3
Heat 3 Heats			
1 Randwick Botany, 1	---	1:00.97Q	
2 Holroyd, 6	---	1:01.38q	
3 Port Hacking, 110	---	1:01.74q	
4 Ryde, 38	---	1:01.94	
5 Doonside, 140	---	1:02.14	
6 Bankstown Sports, 5	---	1:03.62	
Heat 4 Heats			
1 Hills District, 15	---	1:02.48Q	
2 Tuggerah Lk Mingara, 165	---	1:03.42	
3 St George, 9	---	1:03.55	
4 Western Suburbs, 20	---	1:04.18	
5 Hornsby, 4	---	1:06.77	
6 Warradale, 45	---	1:09.67	

**Girls U 10 - 100 Metre x 4**

=====			
Record: S 57.89 24/11/2012 Eastern Suburbs			
Name	Year	Centre	Final
=====			
Section 1 Final			
1 Camden, 61	---		58.76
2 Northern Suburbs, 54	---		58.84
3 Wollongong City, 102	---		59.30
4 Randwick Botany, 1	---		1:00.97
5 Holroyd, 6	---		1:01.22
6 Sutherland, 11	---		1:01.25
7 Hills District, 15	---		1:01.35
8 Port Hacking, 110	---		1:02.75

**Girls U 11 - 100 Metre x 4**

=====			
Record: S 56.11 26/11/2011 Manly Warringah			
Name	Year	Centre	Heats
=====			
Heat 1 Heats			
1 Northern Suburbs, 54	---		58.97Q
2 Western Suburbs, 20	---		59.53
3 Canterbury, 55	---		59.60
4 Wollongong City, 102	---		1:01.09
5 Nepean, 13	---		1:02.16
-- Winston Hills, 76	---	DQ	IAAF 170.7
Heat 2 Heats			
1 South Eastern, 152	---		58.00Q
2 Sutherland, 11	---		58.09q
3 Emu Plains, 121	---		58.97q
4 Camden, 61	---		59.67
5 Hornsby, 4	---		1:01.04
6 Mosman, 19	---		1:02.31
7 Minchinbury, 195	---		1:15.53
Heat 3 Heats			
1 Hills District, 15	---		57.66Q
2 Ku-Ring-Gai, 84	---		57.82q
3 Randwick Botany, 1	---		58.98q

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**...Girls U 11 - 100 Metre x 4**

4 Eastern Suburbs, 2	---	59.00
5 Manly Warringah, 3	---	59.46
6 Holroyd, 6	---	1:01.04
7 Cherrybrook, 219	---	1:03.54

## Heat 4 Heats

1 Balmain, 17	---	57.66Q
2 Doonside, 140	---	59.20
3 Campbelltown, 36	---	59.38
4 Rouse Hill Rams, 248	---	1:00.26
5 Port Hacking, 110	---	1:00.65
6 Ryde, 38	---	1:01.56
7 Ambarvale, 58	---	1:02.21

**Girls U 11 - 100 Metre x 4**

Record: S 56.11 26/11/2011 Manly Warringah

Name	Year Centre	Final
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## Section 1 Final

1 South Eastern, 152	---	57.38
1 Balmain, 17	---	57.38
3 Hills District, 15	---	57.52
4 Ku-Ring-Gai, 84	---	57.87
5 Sutherland, 11	---	58.34
6 Northern Suburbs, 54	---	58.93
7 Randwick Botany, 1	---	59.04
-- Emu Plains, 121	---	DQ

**Girls U 12 - 100 Metre x 4**

Record: S 53.80 27/11/2011 Manly Warringah

Name	Year Centre	Heats
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## Heat 1 Heats

1 Balmain, 17	---	54.89Q
2 Winston Hills, 76	---	1:01.52
-- Kings Langley, 53	---	DQ IAAF 170.7

## Heat 2 Heats

2 Northern Suburbs, 54	---	57.16q
3 Doonside, 140	---	57.16q
3 Mosman, 19	---	59.83
4 Hills District, 15	---	59.86
5 Illawong, 70	---	1:00.69

## Heat 3 Heats

1 Sutherland, 11	---	57.19Q
2 Randwick Botany, 1	---	57.45q
3 Hornsby, 4	---	57.98q
-- Manly Warringah, 3	---	DQ IAAF 170.7

## Heat 4 Heats

1 Albion Park, 71	---	57.31Q
2 Camden, 61	---	58.71q
3 Ryde, 38	---	1:00.27

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**Girls U 12 - 100 Metre x 4**

Record: S 53.80 27/11/2011 Manly Warringah			
Name	Year	Centre	Final
Section 1 Final			
1	Balmain,	17	54.35
2	Randwick Botany,	1	57.29
3	Northern Suburbs,	54	57.44
4	Sutherland,	11	57.47
5	Albion Park,	71	57.67
6	Doonside,	140	57.68
7	Camden,	61	59.28
8	Hornsby,	4	59.88

**Girls U 13 - 100 Metre x 4**

Record: S 51.74 29/11/2009 Northern Suburbs			
Name	Year	Centre	Heats
Heat 1 Heats			
1	Winston Hills,	76	55.12Q
2	Northern Suburbs,	54	56.05q
3	Port Hacking,	110	56.53
4	Sutherland,	11	57.78
5	Mosman,	19	58.20
6	St George,	9	58.73
Heat 2 Heats			
1	Manly Warringah,	3	52.52Q
2	Camden,	61	53.62q
3	Ryde,	38	53.99q
4	Balmain,	17	55.22q
--	Holroyd,	6	DQ IAAF 170.7
Heat 3 Heats			
1	Eastern Suburbs,	2	55.91Q
2	Cherrybrook,	219	56.50q
3	Western Suburbs,	20	56.57
4	Emu Plains,	121	58.33
5	Hornsby,	4	1:02.64
--	Tiger Wests,	68	DQ IAAF 170.7

**Girls U 13 - 100 Metre x 4**

Record: S 51.74 29/11/2009 Northern Suburbs			
Name	Year	Centre	Final
Section 1 Final			
1	Manly Warringah,	3	52.56
2	Camden,	61	53.97
3	Ryde,	38	54.44
4	Balmain,	17	55.29
5	Winston Hills,	76	55.42
6	Eastern Suburbs,	2	55.74
7	Northern Suburbs,	54	56.04
8	Cherrybrook,	219	56.50

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**Girls U 14 - 100 Metre x 4**

Record: S 49.83 28/11/2010 Northern Suburbs			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Manly Warringah,	3	---	51.20Q
2 Ryde,	38	---	51.88q
3 Camden,	61	---	53.79q
4 Randwick Botany,	1	---	54.04q
5 Doonside,	140	---	55.18
6 Winston Hills,	76	---	55.29
Heat 2 Heats			
1 Sutherland,	11	---	51.50Q
2 Hills District,	15	---	52.70q
3 Northern Suburbs,	54	---	54.15q
4 Rouse Hill Rams,	248	---	57.95
5 Mosman,	19	---	58.85
Heat 3 Heats			
1 Wollongong City,	102	---	53.26Q
2 Ku-Ring-Gai,	84	---	54.23
-- Western Suburbs,	20	---	DQ IAAF 170.7

**Girls U 14 - 100 Metre x 4**

Record: S 49.83 28/11/2010 Northern Suburbs			
Name	Year	Centre	Final
Section 1 Final			
1 Manly Warringah,	3	---	50.50
2 Sutherland,	11	---	52.11
3 Ryde,	38	---	52.56
4 Hills District,	15	---	53.30
5 Wollongong City,	102	---	53.41
6 Camden,	61	---	54.57
7 Randwick Botany,	1	---	54.93
8 Northern Suburbs,	54	---	55.62

**Girls U 15 - 100 Metre x 4**

Record: S 48.62 27/11/2011 Northern Suburbs			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Randwick Botany,	1	---	51.03Q
2 Albion Park,	71	---	51.87q
3 Balmain,	17	---	51.91q
4 Campbelltown,	36	---	53.97q
5 Camden,	61	---	54.43
Heat 2 Heats			
1 Hills District,	15	---	51.74Q
2 Manly Warringah,	3	---	51.94q
3 Sutherland,	11	---	53.17q
4 Hornsby,	4	---	57.26
Heat 3 Heats			
1 Northern Suburbs,	54	---	52.12Q
2 Doonside,	140	---	54.79

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**...Girls U 15 - 100 Metre x 4**

3 Mosman, 19	---	56.07
4 Ryde, 38	---	56.96
5 Cherrybrook, 219	---	57.22

**Girls U 15 - 100 Metre x 4**

Record: S 48.62 27/11/2011 Northern Suburbs

Name	Year Centre	Final
Section 1 Final		
1 Randwick Botany, 1	---	50.68
2 Hills District, 15	---	51.29
3 Albion Park, 71	---	51.77
4 Northern Suburbs, 54	---	51.94
5 Balmain, 17	---	52.25
6 Manly Warringah, 3	---	52.40
7 Sutherland, 11	---	53.57
8 Campbelltown, 36	---	54.23

**Girls U 17 - 100 Metre x 4**

Record: S 50.00 25/11/2012 Camden

Name	Year Centre	Heats
Heat 1 Heats		
1 Manly Warringah, 3	---	50.31Q
2 Camden, 61	---	50.65q
3 Randwick Botany, 1	---	52.19q
4 Smithfield, 146	---	54.41q
-- Northern Suburbs, 54	---	DQ IAAF 170.7
Heat 2 Heats		
1 Hills District, 15	---	50.78Q
2 Wollongong City, 102	---	52.28q
3 Ryde, 38	---	53.27q
-- Winston Hills, 76	---	DQ IAAF 170.7
-- Sutherland, 11	---	DQ IAAF 170.7

**Girls U 17 - 100 Metre x 4**

Record: S 50.00 25/11/2012 Camden

Name	Year Centre	Final
Section 1 Final		
1 Manly Warringah, 3	---	49.78S
2 Camden, 61	---	50.85
3 Hills District, 15	---	51.00
4 Randwick Botany, 1	---	52.66
5 Wollongong City, 102	---	52.74
6 Ryde, 38	---	53.59
7 Smithfield, 146	---	54.81

**LITTLE ATHLETICS NSW**  
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**Girls U 8 - 4 x Long Jump**

Record: S 28.58m 24/11/2012 Ku-Ring-Gai			
Name	Year	Centre	Final
Flight 1			
1	Western Suburbs,	20	26.89m
2	Bankstown Sports,	5	26.27m
3	Manly Warringah,	3	26.09m
4	Northern Districts,	157	25.10m
5	Balmain,	17	24.76m
6	Campbelltown,	36	24.33m
7	Ku-Ring-Gai,	84	23.55m
8	Parramatta,	7	22.54m
9	Rouse Hill Rams,	248	21.56m
10	Winston Hills,	76	21.20m
11	Randwick Botany,	1	21.06m
12	Cherrybrook,	219	20.98m
13	Northern Suburbs,	54	20.65m
14	Ryde,	38	19.28m
15	Kings Langley,	53	16.90m
--	Hornsby,	4	ND
--	Kurrajong Bilpin,	150	ND

**Girls U 9 - 4 x Long Jump**

Record: S 29.99m 28/11/2009 Ku-Ring-Gai			
Name	Year	Centre	Final
1	Ku-Ring-Gai,	84	30.74mS
2	Bankstown Sports,	5	28.76m
3	Manly Warringah,	3	26.69m
4	Northern Suburbs,	54	26.31m
5	Hills District,	15	25.64m
6	Winston Hills,	76	23.99m
7	Parramatta,	7	23.81m
8	Colyton St Clair,	151	23.56m
9	Ryde,	38	23.38m
10	Randwick Botany,	1	22.36m
11	Western Suburbs,	20	22.34m
12	Northern Districts,	157	21.00m
13	Blacktown,	8	20.00m
--	Rouse Hill Rams,	248	ND

**Girls U 10 - Long/High**

Record: S 31.40m 28/11/2009 Bankstown Sports			
Name	Year	Centre	Final
1	Ku-Ring-Gai,	84	29.84m
2	Randwick Botany,	1	27.35m
3	Balmain,	17	27.31m
4	Hills District,	15	26.79m
5	Manly Warringah,	3	26.49m
6	Northern Districts,	157	26.26m
7	Parramatta,	7	26.00m
8	Cherrybrook,	219	25.75m



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**...Girls U 10 - Long/High**

9	Winston Hills, 76	---	23.01m
10	Colyton St Clair, 151	---	21.68m
11	Ryde, 38	---	18.06m
12	Rouse Hill Rams, 248	---	8.40m
--	Northern Suburbs, 54	---	ND

**Girls U 11 - Long/High**

Record: S 32.80m 26/11/2010 Western Suburbs			
Name	Year	Centre	Final
1	Northern Suburbs, 54	---	31.52m
2	Ku-Ring-Gai, 84	---	30.49m
3	Parramatta, 7	---	30.20m
4	Ryde, 38	---	29.16m
5	Northern Districts, 157	---	29.12m
6	Manly Warringah, 3	---	27.40m
7	Bankstown Sports, 5	---	26.30m
8	Hills District, 15	---	24.86m
9	Camden, 61	---	23.95m
10	Jamison, 163	---	20.19m
11	Port Hacking, 110	---	18.52m
12	Girraween, 51	---	12.49m
--	Rouse Hill Rams, 248	---	ND
--	Randwick Botany, 1	---	ND

**Girls U 12 - Long/High**

Record: S 31.59m 23/11/2008 Cherrybrook			
Name	Year	Centre	Final
1	Manly Warringah, 3	---	30.95m
2	Northern Districts, 157	---	30.60m
3	Northern Suburbs, 54	---	30.18m
4	Hornsby, 4	---	28.86m
5	Doonside, 140	---	27.61m
6	Randwick Botany, 1	---	26.98m
7	Balmain, 17	---	26.93m
8	Kings Langley, 53	---	26.16m
9	Camden, 61	---	25.55m
10	Sutherland, 11	---	25.36m
11	Girraween, 51	---	24.07m
12	Hills District, 15	---	22.43m
13	Ryde, 38	---	18.35m
14	Campbelltown, 36	---	16.71m
--	Rouse Hill Rams, 248	---	ND
--	Quakers Hill, 199	---	ND

**Girls U 13 - Long/High**

Record: S 29.09m 27/11/2010 Manly Warringah			
Name	Year	Centre	Final
1	Manly Warringah, 3	---	28.71m
2	Campbelltown, 36	---	28.33m

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**...Girls U 13 - Long/High**

3	Cherrybrook, 219	---	26.45m
4	Ryde, 38	---	26.21m
5	Winston Hills, 76	---	26.06m
6	Northern Suburbs, 54	---	25.98m
7	Port Hacking, 110	---	23.20m
8	Hornsby, 4	---	21.31m
9	Northern Districts, 157	---	19.65m
10	Mosman, 19	---	18.60m
11	St George, 9	---	13.81m

**Girls U 14 - Long/High**

Record: S 32.45m 25/11/2012 Manly Warringah

Name	Year Centre	Final	
1	Campbelltown, 36	---	31.55m
2	Ryde, 38	---	30.95m
3	Winston Hills, 76	---	28.02m
4	Manly Warringah, 3	---	27.48m
5	Randwick Botany, 1	---	26.61m
6	Western Suburbs, 20	---	25.89m
7	Northern Suburbs, 54	---	25.35m
8	Doonside, 140	---	25.26m
9	Kings Langley, 53	---	4.10m

**Girls U 15 - Long/High**

Record: S 32.45m 27/11/2011 Northern Suburbs

Name	Year Centre	Final	
1	Manly Warringah, 3	---	30.73m
2	Bankstown Sports, 5	---	30.06m
3	Sutherland, 11	---	29.81m
4	Randwick Botany, 1	---	29.71m
5	Cherrybrook, 219	---	26.23m
6	Northern Suburbs, 54	---	24.44m
7	Winston Hills, 76	---	22.54m
8	Hills District, 15	---	15.65m
9	Ryde, 38	---	11.32m

**Girls U 17 - Long/High**

Record: S 30.78m 27/11/2011 Northern Suburbs

Name	Year Centre	Final	
1	Manly Warringah, 3	---	27.57m
2	Hills District, 15	---	27.52m
3	Northern Suburbs, 54	---	26.15m
4	Kurrajong Bilpin, 150	---	24.22m
5	Sutherland, 11	---	23.19m
6	Ryde, 38	---	22.89m
7	Randwick Botany, 1	---	21.62m
8	Camden, 61	---	21.40m

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**Girls U 8 - Shot/Discus**

Record: S 24.32m 22/11/2008 Manly Warringah			
Name	Year	Centre	Final
1	Bankstown Sports,	5	21.02m
2	Ryde,	38	18.26m
3	Manly Warringah,	3	17.73m
4	Winston Hills,	76	17.48m
5	Cherrybrook,	219	17.02m
6	Parramatta,	7	16.99m
7	Ku-Ring-Gai,	84	16.97m
8	Northern Suburbs,	54	16.59m
9	Sutherland,	11	16.46m
10	Hornsby,	4	14.86m
11	Balmain,	17	14.52m
12	Northern Districts,	157	13.82m
13	Rouse Hill Rams,	248	12.62m
14	Kings Langley,	53	11.61m
15	Randwick Botany,	1	8.61m

**Girls U 9 - Shot/Discus**

Record: S 24.81m 24/11/2012 Ku-Ring-Gai			
Name	Year	Centre	Final
1	Ku-Ring-Gai,	84	23.32m
2	Bankstown Sports,	5	23.24m
3	Manly Warringah,	3	21.57m
4	Balmain,	17	20.50m
5	Parramatta,	7	20.26m
6	Sutherland,	11	20.14m
7	Hills District,	15	18.11m
8	Northern Suburbs,	54	17.79m
9	Campbelltown,	36	17.52m
10	Colyton St Clair,	151	17.37m
11	Ryde,	38	16.47m
12	Kurrajong Bilpin,	150	15.52m
13	Randwick Botany,	1	15.03m
14	Northern Districts,	157	14.44m
15	Rouse Hill Rams,	248	10.85m
16	Blacktown,	8	10.57m
17	Winston Hills,	76	7.57m

**Girls U 10 - Shot/Discus**

Record: S 24.43m 24/11/2012 Parramatta			
Name	Year	Centre	Final
1	Northern Suburbs,	54	22.49m
2	Ku-Ring-Gai,	84	20.15m
3	Kurrajong Bilpin,	150	19.07m
4	Winston Hills,	76	17.75m
4	Northern Districts,	157	17.75m
6	Randwick Botany,	1	17.68m
7	Balmain,	17	16.47m
8	Colyton St Clair,	151	15.20m

**LITTLE ATHLETICS NSW  
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**Results**

**...Girls U 10 - Shot/Discus**

9 Parramatta, 7	---	15.16m
10 Hills District, 15	---	13.90m
11 Campbelltown, 36	---	13.32m
12 Manly Warringah, 3	---	12.94m
13 Rouse Hill Rams, 248	---	10.97m

**Girls U 11 - Shot/Discus**

Record: S 23.14m 24/11/2012 Manly Warringah			
Name	Year	Centre	Final
1 Parramatta, 7	---		24.72mS
2 Hills District, 15	---		22.17m
3 Kurrajong Bilpin, 150	---		20.71m
4 Ku-Ring-Gai, 84	---		20.27m
5 Quakers Hill, 199	---		19.82m
6 Manly Warringah, 3	---		19.25m
7 Girraween, 51	---		17.93m
8 Randwick Botany, 1	---		17.52m
9 Ryde, 38	---		17.47m
10 Winston Hills, 76	---		17.43m
11 Northern Suburbs, 54	---		17.39m
12 Hornsby, 4	---		16.74m
13 Northern Districts, 157	---		16.19m
14 Bankstown Sports, 5	---		15.08m
15 Balmain, 17	---		14.30m
16 Port Hacking, 110	---		12.38m
17 Prospect, 95	---		12.37m
-- Rouse Hill Rams, 248	---		ND

**Girls U 12 - Shot/Discus**

Record: S 22.83m 27/11/2011 Camden			
Name	Year	Centre	Final
1 Holroyd, 6	---		17.99m
2 Kings Langley, 53	---		17.23m
3 Northern Districts, 157	---		17.20m
4 Campbelltown, 36	---		16.81m
5 Winston Hills, 76	---		16.29m
6 Manly Warringah, 3	---		15.88m
7 Northern Suburbs, 54	---		15.43m
8 Randwick Botany, 1	---		15.37m
9 Jamison, 163	---		15.35m
10 Girraween, 51	---		13.94m
11 Hills District, 15	---		13.92m
12 Doonside, 140	---		13.74m
-- St George, 9	---		ND
-- Rouse Hill Rams, 248	---		ND

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Girls U 13 - Shot/Discus**

Record: S 32.15m 23/11/2008 Winston Hills			
Name	Year	Centre	Final
1	Cherrybrook,	219	25.72m
2	Manly Warringah,	3	24.17m
3	Port Hacking,	110	21.90m
4	Northern Suburbs,	54	19.60m
5	Camden,	61	19.51m
6	Campbelltown,	36	17.90m
7	Ryde,	38	17.64m
8	St George,	9	13.42m
9	Northern Districts,	157	11.47m

**Girls U 14 - Shot/Discus**

Record: S 33.59m 29/11/2009 Winston Hills			
Name	Year	Centre	Final
1	Campbelltown,	36	27.07m
2	Northern Suburbs,	54	21.57m
3	Manly Warringah,	3	21.04m
4	Holroyd,	6	20.34m
5	Camden,	61	20.18m
6	Cranebrook,	184	19.55m
7	Winston Hills,	76	15.30m
8	Kings Langley,	53	13.14m
--	Randwick Botany,	1	DQ

**Girls U 15 - Shot/Discus**

Record: S 29.44m 27/11/2011 Winston Hills			
Name	Year	Centre	Final
1	Bankstown Sports,	5	23.81m
2	Northern Suburbs,	54	20.86m
3	Manly Warringah,	3	20.82m
4	Kings Langley,	53	20.38m
5	Sutherland,	11	19.87m
6	Campbelltown,	36	17.21m
7	Randwick Botany,	1	16.89m

**Girls U 17 - Shot/Discus**

Record: S 22.94m 25/11/2012 Ryde			
Name	Year	Centre	Final
1	Ryde,	38	22.39m
2	St George,	9	21.70m
3	Manly Warringah,	3	19.06m
4	Winston Hills,	76	18.41m
5	Camden,	61	18.31m
6	Randwick Botany,	1	17.91m
7	Hills District,	15	17.50m
8	Northern Suburbs,	54	17.26m
9	Parramatta,	7	16.71m

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP  
Results**

**...Girls U 17 - Shot/Discus**

10 Prospect, 95	---	15.33m
-- Blacktown, 8	---	ND

**Girls U 8-11 Middle Distance (Junior)**

Record: S 11:17.70 27/11/2010 Northern Suburbs

Name	Year Centre	Heats
------	-------------	-------

Heat 1 Heats

1 St George, 9	---	S 11:11.51Q
2 Mosman, 19	---	11:22.56q
3 Camden, 61	---	11:36.64q
4 Emu Plains, 121	---	11:43.74q
5 Illawong, 70	---	11:45.13q
6 Sutherland, 11	---	11:51.43q
7 Manly Warringah, 3	---	11:56.40q
8 Cherrybrook, 219	---	12:23.23q
9 Ku-Ring-Gai, 84	---	12:25.78q
10 Penrith, 66	---	13:04.02

Heat 2 Heats

1 Hills District, 15	---	11:24.74Q
2 Northern Suburbs, 54	---	11:26.32q
3 Balmain, 17	---	12:07.47q
4 Ryde, 38	---	12:16.01q
5 Campbelltown, 36	---	12:29.55q
6 Randwick Botany, 1	---	12:41.36q
7 Hornsby, 4	---	13:00.12q
8 Eastern Suburbs, 2	---	13:08.27
9 Quakers Hill, 199	---	13:19.14

**Girls U 8-11 Middle Distance (Junior)**

Record: S 11:17.70 27/11/2010 Northern Suburbs

Name	Year Centre	Final
------	-------------	-------

Section 1 Final

1 St George, 9	---	11:02.55S
2 Mosman, 19	---	11:12.64S
3 Camden, 61	---	11:28.19
4 Hills District, 15	---	11:28.94
5 Illawong, 70	---	11:34.53
6 Northern Suburbs, 54	---	11:41.04
7 Emu Plains, 121	---	11:42.54
8 Sutherland, 11	---	11:48.23
9 Manly Warringah, 3	---	11:57.62
10 Balmain, 17	---	12:01.05
11 Ryde, 38	---	12:09.28
12 Campbelltown, 36	---	12:13.56
13 Cherrybrook, 219	---	12:38.99
14 Hornsby, 4	---	13:03.03

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Girls U 12-15 Middle Distance (Senior)**

Record: S 10:03.07 28/11/2010 Mosman			
Name	Year	Centre	Final
Section 1			
1 Hills District,	15	---	10:15.16
2 Sutherland,	11	---	10:16.85
3 Camden,	61	---	10:16.93
4 Manly Warringah,	3	---	10:25.84
5 Northern Suburbs,	54	---	10:31.79
6 Mosman,	19	---	10:40.43
7 Campbelltown,	36	---	10:43.59
8 Jamison,	163	---	10:48.74
9 Randwick Botany,	1	---	10:50.20
10 Hornsby,	4	---	10:59.91
11 Ryde,	38	---	11:13.66
12 Winston Hills,	76	---	11:19.96
13 Cherrybrook,	219	---	11:30.46
14 Cranebrook,	184	---	11:54.96
15 Douglas Park,	179	---	11:56.42

**Boys U 8 - 100 Metre x 4**

Record: S 1:04.29 27/11/2010 Randwick Botany			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Balmain,	17	---	1:06.41Q
2 Northern Suburbs,	54	---	1:07.72
3 Ryde,	38	---	1:08.15
4 Manly Warringah,	3	---	1:08.66
5 Hills District,	15	---	1:08.83
6 Hornsby,	4	---	1:08.94
Heat 2 Heats			
1 Holroyd,	6	---	1:06.32Q
2 Ku-Ring-Gai,	84	---	1:06.47q
3 Albion Park,	71	---	1:07.41q
4 Sutherland,	11	---	1:10.22
5 Quakers Hill,	199	---	1:11.00
6 Cherrybrook,	219	---	1:15.68
-- Campbelltown,	36	---	DQ IAAF 163.3
Heat 3 Heats			
1 Camden,	61	---	1:05.49Q
2 Randwick Botany,	1	---	1:07.28q
3 Eastern Suburbs,	2	---	1:07.51q
4 Prospect,	95	---	1:07.58q
5 Winston Hills,	76	---	1:09.96
6 Rouse Hill Rams,	248	---	1:11.54
7 Mosman,	19	---	1:14.03

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Boys U 8 - 100 Metre x 4**

```

=====
Record: S 1:04.29 27/11/2010 Randwick Botany
Name Year Centre Final
=====
Section 1 Final
1 Ku-Ring-Gai, 84 --- 1:04.76
2 Balmain, 17 --- 1:05.35
3 Randwick Botany, 1 --- 1:05.51
4 Holroyd, 6 --- 1:06.39
5 Albion Park, 71 --- 1:06.62
6 Eastern Suburbs, 2 --- 1:08.49
7 Prospect, 95 --- 1:11.20
-- Camden, 61 --- DQ IAAF 170.7
    
```

**Boys U 9 - 100 Metre x 4**

```

=====
Record: S 59.16 24/11/2012 Bankstown Sports
Name Year Centre Heats
=====
Heat 1 Heats
1 Hills District, 15 --- 1:01.09Q
2 Doonside, 140 --- 1:01.25q
3 Mosman, 19 --- 1:02.83
4 Balmain, 17 --- 1:02.92
5 Tuggerah Lk Mingara, 165 --- 1:03.32
6 Prospect, 95 --- 1:04.56
7 Terrigal/Wamberal, 155 --- 1:09.46
Heat 2 Heats
1 Randwick Botany, 1 --- 1:01.71Q
2 Northern Suburbs, 54 --- 1:02.27q
3 Sutherland, 11 --- 1:02.41
4 Port Hacking, 110 --- 1:03.03
5 Ku-Ring-Gai, 84 --- 1:04.55
Heat 3 Heats
1 Camden, 61 --- 1:00.15Q
2 Eastern Suburbs, 2 --- 1:01.47q
3 Ryde, 38 --- 1:01.78q
4 Cherrybrook, 219 --- 1:04.23
5 Quakers Hill, 199 --- 1:04.66
6 Hornsby, 4 --- 1:05.43
7 Winston Hills, 76 --- 1:05.45
Heat 4 Heats
1 Canterbury, 55 --- 1:03.85Q
2 Emu Plains, 121 --- 1:03.89
3 Blacktown, 8 --- 1:05.18
4 Liverpool City, 48 --- 1:05.53
-- Manly Warringah, 3 --- DQ IAAF 163.38
    
```

**Boys U 9 - 100 Metre x 4**

```

=====
Record: S 59.16 24/11/2012 Bankstown Sports
Name Year Centre Final
=====
Section 1 Final
1 Camden, 61 --- 1:00.63
2 Doonside, 140 --- 1:00.83
    
```



**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**....Boys U 9 - 100 Metre x 4**

3 Northern Suburbs, 54	---	1:01.31	
4 Eastern Suburbs, 2	---	1:01.40	
5 Canterbury, 55	---	1:01.43	
6 Randwick Botany, 1	---	1:01.43	
7 Ryde, 38	---	1:02.12	
-- Hills District, 15	---		DQ IAAF 170.7

**Boys U 10 - 100 Metre x 4**

=====

Record: S 56.47 28/11/2009 Northern Suburbs			
Name	Year	Centre	Heats

=====

Heat 1 Heats

1 Bankstown Sports, 5	---	56.82Q
2 Wollongong City, 102	---	57.53q
3 Port Hacking, 110	---	58.31q
4 Balmain, 17	---	59.04
5 Holroyd, 6	---	1:01.09
6 Hills District, 15	---	1:01.10
7 Ryde, 38	---	1:02.38

Heat 2 Heats

1 Manly Warringah, 3	---	58.70Q
2 Randwick Botany, 1	---	58.87
3 Hornsby, 4	---	59.76
4 Kings Langley, 53	---	1:00.44
5 Cherrybrook, 219	---	1:03.33
6 Emu Plains, 121	---	1:05.45

Heat 3 Heats

1 Tuggerah Lk Mingara, 165	---	57.34Q	
2 Campbelltown, 36	---	58.28q	
3 Eastern Suburbs, 2	---	59.18	
4 Sutherland, 11	---	1:00.64	
5 Canterbury, 55	---	1:02.42	
6 Minchinbury, 195	---	1:07.66	
-- Liverpool City, 48	---		DQ IAAF 170.7

Heat 4 Heats

1 Camden, 61	---	57.24Q
2 Ku-Ring-Gai, 84	---	58.78q
3 Mosman, 19	---	1:00.51
4 Blacktown, 8	---	1:01.18
5 Northern Suburbs, 54	---	1:02.06

**Boys U 10 - 100 Metre x 4**

=====

Record: S 56.47 28/11/2009 Northern Suburbs			
Name	Year	Centre	Final

=====

Section 1 Final

1 Bankstown Sports, 5	---	56.03S
2 Camden, 61	---	56.51
3 Tuggerah Lk Mingara, 165	---	56.80
4 Wollongong City, 102	---	56.94
5 Port Hacking, 110	---	57.49
6 Campbelltown, 36	---	57.81
7 Manly Warringah, 3	---	57.92

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP  
Results**

**....Boys U 10 - 100 Metre x 4**

8 Ku-Ring-Gai, 84 --- 58.96

**Boys U 11 - 100 Metre x 4**

Record: S 53.76 27/11/2010 Northern Suburbs

Name	Year Centre	Heats
------	-------------	-------

Heat 1 Heats

1 Manly Warringah, 3	---	57.17Q
2 Northern Suburbs, 54	---	58.86
3 Cherrybrook, 219	---	59.84
4 Ku-Ring-Gai, 84	---	1:00.89
5 Winston Hills, 76	---	1:01.29
6 Minchinbury, 195	---	1:08.67

Heat 2 Heats

1 Wollongong City, 102	---	55.50Q
2 Campbelltown, 36	---	56.33q
3 Holroyd, 6	---	59.21
4 Hornsby, 4	---	59.50
5 Hills District, 15	---	59.92
6 Emu Plains, 121	---	1:00.75

Heat 3 Heats

1 Ryde, 38	---	55.32Q
2 Port Hacking, 110	---	56.67q
3 Albion Park, 71	---	56.93
4 Sutherland, 11	---	56.99
5 Mosman, 19	---	59.27
6 Rouse Hill Rams, 248	---	1:01.04

Heat 4 Heats

1 Balmain, 17	---	56.56Q
2 Randwick Botany, 1	---	56.77q
3 Canterbury, 55	---	56.92q
4 Eastern Suburbs, 2	---	57.31
5 Camden, 61	---	57.90
6 Quakers Hill, 199	---	58.81
7 St George, 9	---	1:00.00

**Boys U 11 - 100 Metre x 4**

Record: S 53.76 27/11/2010 Northern Suburbs

Name	Year Centre	Final
------	-------------	-------

Section 1 Final

1 Ryde, 38	---	55.01
2 Wollongong City, 102	---	55.16
3 Manly Warringah, 3	---	56.59
4 Campbelltown, 36	---	57.15
5 Balmain, 17	---	57.19
6 Canterbury, 55	---	57.89
7 Port Hacking, 110	---	59.10

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Boys U 12 - 100 Metre x 4**

=====  
Record: S 52.42 27/11/2011 Northern Suburbs  
Name Year Centre Heats  
=====

Heat 1 Heats

1	Manly Warringah, 3	---	52.80Q
2	Northern Suburbs, 54	---	53.48q
3	Cherrybrook, 219	---	55.19q
4	Ryde, 38	---	55.33q
5	Sutherland, 11	---	56.16
6	Balmain, 17	---	57.99
7	Albion Park, 71	---	58.54
8	Hills District, 15	---	58.74

Heat 2 Heats

1	Camden, 61	---	56.69Q
2	St George, 9	---	56.91
3	Hornsby, 4	---	59.06
4	Doonside, 140	---	59.27

Heat 3 Heats

1	Randwick Botany, 1	---	55.11Q
2	Mosman, 19	---	55.61q
3	Wollongong City, 102	---	56.07q
4	Campbelltown, 36	---	56.17
5	Bathurst & District, 59	---	56.94
6	Emu Plains, 121	---	57.93
7	Winston Hills, 76	---	1:02.49
--	Eastern Suburbs, 2	---	DQ IAAF 170.7

**Boys U 12 - 100 Metre x 4**

=====  
Record: S 52.42 27/11/2011 Northern Suburbs  
Name Year Centre Final  
=====

Section 1 Final

1	Manly Warringah, 3	---	52.89
2	Randwick Botany, 1	---	55.05
3	Wollongong City, 102	---	55.26
4	Camden, 61	---	55.43
5	Cherrybrook, 219	---	55.73
6	Ryde, 38	---	55.86
7	Mosman, 19	---	56.22
--	Northern Suburbs, 54	---	DQ IAAF 170.7

**Boys U 13 - 100 Metre x 4**

=====  
Record: S 50.36 29/11/2009 Hills District  
Name Year Centre Heats  
=====

Heat 1 Heats

1	Bankstown Sports, 5	---	53.60Q
2	Sutherland, 11	---	54.06
3	Adamstown/NewLambton, 21	---	55.12
--	Mosman, 19	---	DQ IAAF 170.7

Heat 2 Heats

1	Cherrybrook, 219	---	52.85Q
2	Hills District, 15	---	53.38q

**LITTLE ATHLETICS NSW  
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Results**

**...Boys U 13 - 100 Metre x 4**

3 Port Hacking, 110	---	53.43q
4 Liverpool City, 48	---	53.75q
5 Wollongong City, 102	---	57.02

Heat 3 Heats

1 Manly Warringah, 3	---	52.94Q
2 Northern Suburbs, 54	---	53.76q
3 Camden, 61	---	53.95q
4 Ryde, 38	---	54.12
5 Campbelltown, 36	---	54.45
6 Hornsby, 4	---	55.51
7 Ku-Ring-Gai, 84	---	58.81

**Boys U 13 - 100 Metre x 4**

Record: S 50.36 29/11/2009 Hills District

Name	Year Centre	Final
------	-------------	-------

Section 1 Final

1 Cherrybrook, 219	---	52.63
2 Hills District, 15	---	52.76
3 Manly Warringah, 3	---	53.03
4 Port Hacking, 110	---	54.24
5 Liverpool City, 48	---	54.34
6 Camden, 61	---	54.50
7 Northern Suburbs, 54	---	54.54
8 Bankstown Sports, 5	---	54.65

**Boys U 14 - 100 Metre x 4**

Record: S 47.33 25/11/2012 Bankstown Sports

Name	Year Centre	Heats
------	-------------	-------

Heat 1 Heats

1 Nepean, 13	---	50.47Q
2 Ryde, 38	---	50.79q
3 Sutherland, 11	---	51.37q
4 Ku-Ring-Gai, 84	---	51.89q

Heat 2 Heats

1 Manly Warringah, 3	---	48.78Q
2 Illawong, 70	---	49.79q
3 Balmain, 17	---	54.67
4 Northern Suburbs, 54	---	54.68

Heat 3 Heats

1 Randwick Botany, 1	---	47.83Q
2 Campbelltown, 36	---	49.39q
3 Holroyd, 6	---	50.20q
4 Doonside, 140	---	52.07
-- Kings Langley, 53	---	DQ IAAF 170.6
-- Camden, 61	---	DQ IAAF 170.7

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Boys U 14 - 100 Metre x 4**

Record: S 47.33 25/11/2012 Bankstown Sports			
Name	Year	Centre	Final
Section 1 Final			
1		Randwick Botany, 1	47.68
2		Illawong, 70	48.82
3		Manly Warringah, 3	49.15
4		Campbelltown, 36	49.75
5		Nepean, 13	50.01
6		Holroyd, 6	50.08
7		Ryde, 38	50.28
8		Doonside, 140	52.30
9		Sutherland, 11	52.61

**Boys U 15 - 100 Metre x 4**

Record: S 44.82 27/11/2011 Manly Warringah			
Name	Year	Centre	Heats
Heat 1 Heats			
1		Manly Warringah, 3	47.91Q
2		Hills District, 15	48.06q 48.052
3		Adamstown/NewLambton, 21	48.06q 48.053
4		Winston Hills, 76	49.46q
5		Randwick Botany, 1	49.62
6		Cherrybrook, 219	51.11
Heat 2 Heats			
1		Bankstown Sports, 5	45.88Q
2		Camden, 61	46.59q
3		Campbelltown, 36	46.89q
4		Sutherland, 11	48.18q
5		Tiger Wests, 68	53.10
--		Northern Suburbs, 54	DNF

**Boys U 15 - 100 Metre x 4**

Record: S 44.82 27/11/2011 Manly Warringah			
Name	Year	Centre	Final
Section 1 Final			
1		Camden, 61	46.25
2		Campbelltown, 36	46.51
3		Manly Warringah, 3	47.85
4		Sutherland, 11	48.06
5		Adamstown/NewLambton, 21	48.23
6		Hills District, 15	48.61
--		Bankstown Sports, 5	DQ IAAF 170.7

**Boys U 17 - 100 Metre x 4**

Record: S 43.28 25/11/2012 Ku-Ring-Gai			
Name	Year	Centre	Heats
Heat 1 Heats			
1		Manly Warringah, 3	44.79Q

**LITTLE ATHLETICS NSW**  
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**Results**

**....Boys U 17 - 100 Metre x 4**

2 Bankstown Sports, 5	---	45.25q	
3 Balmain, 17	---	46.91q	
4 Doonside, 140	---	47.35	
5 Smithfield, 146	---	48.92	
6 Wollongong City, 102	---	49.56	
Heat 2 Heats			
1 Sutherland, 11	---	44.34Q	
2 Nepean, 13	---	47.32	
3 Holroyd, 6	---	47.70	
-- Quakers Hill, 199	---	DQ	IAAF 170.7
Heat 3 Heats			
1 Winston Hills, 76	---	45.18Q	
2 Campbelltown, 36	---	45.53q	
3 Camden, 61	---	46.18q	
4 Parramatta, 7	---	46.96q	

**Boys U 17 - 100 Metre x 4**

Record: S 43.28 25/11/2012 Ku-Ring-Gai

Name	Year	Centre	Final
=====			
Section 1 Final			
1 Sutherland, 11	---		43.88
2 Manly Warringah, 3	---		43.90
3 Bankstown Sports, 5	---		45.01
4 Winston Hills, 76	---		45.28
5 Campbelltown, 36	---		45.70
6 Camden, 61	---		45.95
7 Balmain, 17	---		46.56
8 Parramatta, 7	---		46.66

**Boys U 8 - 4 x Long Jump**

Record: S 31.02m 24/11/2012 Ku-Ring-Gai

Name	Year	Centre	Final
=====			
Flight 1			
1 Parramatta, 7	---		29.90m
2 Northern Suburbs, 54	---		28.65m
3 Winston Hills, 76	---		27.06m
4 Manly Warringah, 3	---		26.79m
5 Ryde, 38	---		26.09m
6 Randwick Botany, 1	---		25.42m
7 Bankstown Sports, 5	---		25.07m
8 Western Suburbs, 20	---		23.42m
9 Balmain, 17	---		23.30m
10 Northern Districts, 157	---		23.08m
11 Ku-Ring-Gai, 84	---		22.47m
12 Rouse Hill Rams, 248	---		16.55m

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Boys U 9 - 4 x Long Jump**

Record: S 30.53m 28/11/2009 Manly Warringah			
Name	Year	Centre	Final
1	Northern Districts,	157	30.31m
2	Ku-Ring-Gai,	84	29.14m
3	Bankstown Sports,	5	26.99m
4	Western Suburbs,	20	26.97m
5	Kings Langley,	53	26.89m
6	Balmain,	17	26.65m
7	Hills District,	15	25.51m
8	Northern Suburbs,	54	25.46m
9	Girraween,	51	25.43m
10	Parramatta,	7	23.96m
11	Rouse Hill Rams,	248	23.63m
12	Prospect,	95	23.22m
13	Winston Hills,	76	22.86m
14	Randwick Botany,	1	22.02m
--	Manly Warringah,	3	ND

**Boys U 10 - Long/High**

Record: S 32.46m 24/11/2012 Manly Warringah			
Name	Year	Centre	Final
1	Northern Suburbs,	54	31.31m
2	Balmain,	17	29.40m
3	Ku-Ring-Gai,	84	29.32m
4	Northern Districts,	157	28.91m
5	Manly Warringah,	3	28.80m
6	Hornsby,	4	28.73m
7	Ryde,	38	28.20m
8	Hills District,	15	26.65m
9	Winston Hills,	76	26.17m
10	Bankstown Sports,	5	25.80m
11	Parramatta,	7	20.74m
12	Colyton St Clair,	151	17.36m
--	Eastern Suburbs,	2	ND

**Boys U 11 - Long/High**

Record: S 33.58m 22/11/2008 Manly Warringah			
Name	Year	Centre	Final
1	Balmain,	17	30.31m
2	Manly Warringah,	3	30.25m
3	Northern Districts,	157	30.15m
4	Bankstown Sports,	5	30.10m
5	Douglas Park,	179	28.43m
6	Northern Suburbs,	54	27.89m
7	Ryde,	38	26.23m
8	Ku-Ring-Gai,	84	25.69m
9	Parramatta,	7	25.35m
10	Hornsby,	4	24.65m
11	Rouse Hill Rams,	248	22.69m
12	Port Hacking,	110	14.77m

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**....Boys U 11 - Long/High**

-- Randwick Botany, 1	---	ND
-- Winston Hills, 76	---	ND

**Boys U 12 - Long/High**

Record: S 31.79m 27/11/2011 Albion Park			
Name	Year	Centre	Final
1 Northern Suburbs, 54	---		31.32m
2 Albion Park, 71	---		30.90m
3 Ku-Ring-Gai, 84	---		30.87m
4 Manly Warringah, 3	---		30.05m
5 Western Suburbs, 20	---		29.56m
6 Mosman, 19	---		29.17m
7 Bathurst & District, 59	---		28.44m
8 Ryde, 38	---		27.26m
9 Camden, 61	---		26.89m
10 Hills District, 15	---		26.83m
11 Balmain, 17	---		26.54m
12 Rouse Hill Rams, 248	---		26.33m
13 Winston Hills, 76	---		26.17m
13 Port Hacking, 110	---		26.17m
15 Randwick Botany, 1	---		25.94m
16 Campbelltown, 36	---		25.85m
17 St George, 9	---		25.78m
18 Prospect, 95	---		25.56m
19 Parramatta, 7	---		25.26m
20 Doonside, 140	---		24.68m
21 Northern Districts, 157	---		24.40m
22 Cherrybrook, 219	---		18.94m

**Boys U 13 - Long/High**

Record: S 32.41m 25/11/2012 Manly Warringah			
Name	Year	Centre	Final
1 Albion Park, 71	---		32.11m
2 Jamison, 163	---		29.81m
3 Ku-Ring-Gai, 84	---		29.20m
4 Campbelltown, 36	---		28.28m
5 Cherrybrook, 219	---		28.15m
6 Bankstown Sports, 5	---		27.37m
7 Helensburgh, 44	---		26.87m
8 Balmain, 17	---		26.82m
9 Ryde, 38	---		26.63m
10 Hornsby, 4	---		25.95m
11 Port Hacking, 110	---		25.82m
12 Northern Suburbs, 54	---		25.42m
13 Manly Warringah, 3	---		25.30m
14 Winston Hills, 76	---		25.10m
15 Northern Districts, 157	---		24.53m
16 Girraween, 51	---		17.66m
-- Rouse Hill Rams, 248	---		ND
-- Randwick Botany, 1	---		ND



**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Boys U 14 - Long/High**

Record: S 31.26m 29/11/2009 Northern Suburbs			
Name	Year	Centre	Final
1	Illawong,	70	30.64m
1	Randwick Botany,	1	30.64m
3	Manly Warringah,	3	29.47m
4	Ku-Ring-Gai,	84	27.83m
4	Northern Districts,	157	27.83m
6	Sutherland,	11	25.83m
7	Northern Suburbs,	54	25.67m
8	Balmain,	17	24.69m
9	Doonside,	140	24.39m
10	Ryde,	38	23.84m
11	Winston Hills,	76	19.33m
--	Girraween,	51	ND

**Boys U 15 - Long/High**

Record: S 32.34m 29/11/2009 Kurrajong/Bilpin			
Name	Year	Centre	Final
1	Ku-Ring-Gai,	84	25.73m
2	Bankstown Sports,	5	25.67m
3	Northern Suburbs,	54	25.38m
4	Campbelltown,	36	24.66m
5	Randwick Botany,	1	23.66m
6	Girraween,	51	22.69m
7	Manly Warringah,	3	21.99m
8	Prospect,	95	21.33m
9	Parramatta,	7	20.97m
10	Hills District,	15	20.92m
--	Winston Hills,	76	ND

**Boys U 17 - Long/High**

Record: S 30.24m 29/11/2009 Parramatta			
Name	Year	Centre	Final
1	Bankstown Sports,	5	30.42mS
2	Campbelltown,	36	29.56m
3	Hills District,	15	28.91m
4	Sutherland,	11	27.86m
5	Manly Warringah,	3	27.46m
6	Winston Hills,	76	25.27m
7	Balmain,	17	24.81m
8	Parramatta,	7	24.55m
9	Nepean,	13	22.15m
10	Northern Districts,	157	20.05m

**Boys U 8 - Shot/Discus**

Record: S 27.73m 26/11/2010 Sutherland			
Name	Year	Centre	Final
1	Bankstown Sports,	5	22.22m

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**....Boys U 8 - Shot/Discus**

2 Northern Suburbs, 54	---	22.12m
3 Northern Districts, 157	---	21.63m
4 Winston Hills, 76	---	20.36m
5 Randwick Botany, 1	---	20.25m
6 Manly Warringah, 3	---	20.12m
7 Ryde, 38	---	19.96m
8 Balmain, 17	---	19.65m
9 Sutherland, 11	---	18.28m
10 Parramatta, 7	---	18.24m
11 Ku-Ring-Gai, 84	---	17.81m
12 Rouse Hill Rams, 248	---	13.76m

**Boys U 9 - Shot/Discus**

Record: S 26.21m 28/11/2009 Ku-Ring-Gai

Name	Year Centre	Final
1 Manly Warringah, 3	---	22.36m
2 Winston Hills, 76	---	19.51m
3 Randwick Botany, 1	---	19.28m
4 Bankstown Sports, 5	---	19.18m
5 Hills District, 15	---	19.17m
6 Balmain, 17	---	18.22m
7 Girraween, 51	---	17.86m
8 Parramatta, 7	---	17.80m
9 Ku-Ring-Gai, 84	---	17.76m
10 Northern Suburbs, 54	---	17.16m
11 Kurrajong Bilpin, 150	---	16.94m
12 Campbelltown, 36	---	15.65m
13 Prospect, 95	---	15.39m
14 Rouse Hill Rams, 248	---	15.30m
15 Northern Districts, 157	---	14.45m
-- Sutherland, 11	---	ND

**Boys U 10 - Shot/Discus**

Record: S 27.35m 26/11/2010 Ku-Ring-Gai

Name	Year Centre	Final
1 Parramatta, 7	---	25.55m
2 Manly Warringah, 3	---	21.52m
3 Balmain, 17	---	20.79m
4 Northern Districts, 157	---	20.47m
5 Ku-Ring-Gai, 84	---	19.89m
6 Hills District, 15	---	19.21m
7 Eastern Suburbs, 2	---	19.18m
8 Liverpool City, 48	---	19.01m
9 Kurrajong Bilpin, 150	---	18.13m
10 Sutherland, 11	---	17.84m
11 Doonside, 140	---	16.05m
12 Bankstown Sports, 5	---	15.70m
13 Ryde, 38	---	15.56m
14 Northern Suburbs, 54	---	14.54m
-- Girraween, 51	---	ND

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**

**Results**

**Boys U 11 - Shot/Discus**

Record: S 29.41m 26/11/2011 Ku-Ring-Gai			
Name	Year	Centre	Final
1	Colyton St Clair,	151	25.43m
2	Manly Warringah,	3	24.67m
3	Northern Suburbs,	54	23.46m
4	Northern Districts,	157	22.59m
5	Balmain,	17	21.34m
6	Ku-Ring-Gai,	84	20.50m
7	Sutherland,	11	20.42m
8	Port Hacking,	110	20.02m
9	Bankstown Sports,	5	19.93m
10	Hornsby,	4	18.50m
11	Winston Hills,	76	17.95m
12	Rouse Hill Rams,	248	17.87m
13	Ryde,	38	17.65m
--	Randwick Botany,	1	ND
--	Campbelltown,	36	ND

**Boys U 12 - Shot/Discus**

Record: S 25.10m 27/11/2011 Parramatta			
Name	Year	Centre	Final
1	Rouse Hill Rams,	248	21.36m
2	Manly Warringah,	3	19.65m
3	Winston Hills,	76	17.47m
4	Port Hacking,	110	16.85m
5	Randwick Botany,	1	16.55m
6	Camden,	61	15.94m
7	Hills District,	15	15.19m
8	St George,	9	15.17m
9	Northern Districts,	157	14.88m
10	Northern Suburbs,	54	14.56m
11	Doonside,	140	14.00m
12	Parramatta,	7	13.73m
13	Prospect,	95	10.97m
14	Ryde,	38	9.37m

**Boys U 13 - Shot/Discus**

Record: S 29.42m 25/11/2012 Parramatta			
Name	Year	Centre	Final
1	Bankstown Sports,	5	20.74m
2	Manly Warringah,	3	19.49m
3	Girraween,	51	19.48m
4	Port Hacking,	110	18.26m
5	Winston Hills,	76	18.05m
6	Northern Districts,	157	15.66m
7	Northern Suburbs,	54	14.40m
8	Cherrybrook,	219	13.96m
9	Hills District,	15	13.19m
10	Campbelltown,	36	12.50m
11	Hornsby,	4	11.97m

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**....Boys U 13 - Shot/Discus**

-- Randwick Botany, 1	---	ND
-- Rouse Hill Rams, 248	---	ND

**Boys U 14 - Shot/Discus**

Record: S 24.42m 27/11/2011 Ku-Ring-Gai

Name	Year Centre	Final
1 Parramatta, 7	---	28.36mS
2 Nepean, 13	---	24.18m
3 Illawong, 70	---	23.91m
4 Holroyd, 6	---	21.77m
5 Northern Districts, 157	---	21.70m
6 Kings Langley, 53	---	20.99m
7 Manly Warringah, 3	---	19.94m
8 Hills District, 15	---	18.77m
9 Winston Hills, 76	---	16.50m
10 Ku-Ring-Gai, 84	---	16.26m
11 Randwick Botany, 1	---	16.22m
12 Northern Suburbs, 54	---	15.83m
13 Doonside, 140	---	13.29m

**Boys U 15 - Shot/Discus**

Record: S 24.25m 27/11/2011 Banksown Sports

Name	Year Centre	Final
1 Ku-Ring-Gai, 84	---	25.43mS
2 Parramatta, 7	---	24.32mS
3 Northern Suburbs, 54	---	23.57m
4 Bankstown Sports, 5	---	20.45m
5 Manly Warringah, 3	---	19.47m
6 Winston Hills, 76	---	19.29m
7 Randwick Botany, 1	---	17.61m
8 Mosman, 19	---	15.01m
9 Kurrajong Bilpin, 150	---	14.63m
10 Doonside, 140	---	14.01m
11 Prospect, 95	---	13.09m

**Boys U 17 - Shot/Discus**

Record: S 23.05m 25/11/2012 Randwick Botany

Name	Year Centre	Final
1 Manly Warringah, 3	---	24.86mS
2 Northern Suburbs, 54	---	24.04mS
3 Sutherland, 11	---	22.72m
4 Bankstown Sports, 5	---	20.10m
5 Winston Hills, 76	---	19.78m
6 Doonside, 140	---	17.53m
7 Northern Districts, 157	---	12.50m

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Boys U 8-11 Middle Distance (Junior)**

Record: S 10:44.24 24/11/2012 Ryde			
Name	Year	Centre	Heats
Heat 1 Heats			
1	Cherrybrook,	219	10:59.60Q
2	Randwick Botany,	1	11:01.83q
3	Manly Warringah,	3	11:08.13q
4	Campbelltown,	36	11:30.37q
5	Quakers Hill,	199	11:35.06q
6	Illawong,	70	11:36.57q
7	Winston Hills,	76	12:01.98
8	Ku-Ring-Gai,	84	12:12.16
9	Douglas Park,	179	12:21.85
10	Penrith,	66	12:48.79
Heat 2 Heats			
1	Holroyd,	6	10:58.59Q
2	Ryde,	38	11:03.95q
3	Northern Suburbs,	54	11:19.93q
4	Hornsby,	4	11:21.11q
5	Hills District,	15	11:42.51q
6	Eastern Suburbs,	2	11:45.23q
7	Mosman,	19	11:52.15q
8	Sutherland,	11	11:52.54q
9	Prospect,	95	11:52.64q
10	Emu Plains,	121	11:56.01q
11	St George,	9	13:48.69

**Boys U 8-11 Middle Distance (Junior)**

Record: S 10:44.24 24/11/2012 Ryde			
Name	Year	Centre	Final
Section 1 Final			
1	Cherrybrook,	219	10:50.69
2	Manly Warringah,	3	10:55.27
3	Holroyd,	6	10:58.49
4	Randwick Botany,	1	11:04.42
5	Campbelltown,	36	11:12.89
6	Mosman,	19	11:13.95
7	Northern Suburbs,	54	11:15.90
8	Ryde,	38	11:22.32
9	Hornsby,	4	11:27.27
10	Illawong,	70	11:43.20
11	Emu Plains,	121	11:43.76
12	Quakers Hill,	199	11:44.12
13	Hills District,	15	11:52.61
14	Prospect,	95	12:28.02

**Boys U 12-15 Middle Distance (Senior)**

Record: S 9:14.65 28/11/2010 Randwick Botany			
Name	Year	Centre	Final
Section 1			
1	Hills District,	15	9:22.29

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**....Boys U 12-15 Middle Distance (Senior)**

2 Manly Warringah, 3	---	9:26.75
3 Illawong, 70	---	9:50.37
4 Camden, 61	---	9:51.16
5 Randwick Botany, 1	---	9:56.28
6 Jamison, 163	---	9:56.66
7 Mosman, 19	---	9:58.87
8 Parramatta, 7	---	10:03.89
9 Cherrybrook, 219	---	10:11.06
10 Northern Suburbs, 54	---	10:15.18
11 Prospect, 95	---	10:29.21
12 Winston Hills, 76	---	10:30.50
13 Campbelltown, 36	---	10:51.21
14 Sutherland, 11	---	10:52.68
15 Ryde, 38	---	10:56.54

**Mixed U 8 - 100 Metre x 4**

Record: S 1:06.62 27/11/2010 Springwood

Name	Year Centre	Final
1 South Eastern, 152	W ---	1:07.24
2 Jamison, 163	W ---	1:07.43
3 Helensburgh, 44	W ---	1:08.24
4 Kurrajong Bilpin, 150	W ---	1:08.94
5 Greystanes, 39	W ---	1:12.14
6 Tallawong Park, 139	W ---	1:12.29
7 Prestons Robins, 250	W ---	1:12.67
8 Tiger Wests, 68	W ---	1:13.61

**Mixed U 9 - 100 Metre x 4**

Record: S 1:01.56 24/11/2012 Wollongong City

Name	Year Centre	Final
1 Greystanes, 39	W ---	1:02.70
2 South Eastern, 152	W ---	1:02.80
3 Prestons Robins, 250	W ---	1:05.70
4 Jamison, 163	W ---	1:06.10
5 Helensburgh, 44	W ---	1:06.50
6 Wollondilly, 160	W ---	1:08.40
7 Tiger Wests, 68	W ---	1:09.80
8 Tallawong Park, 139	W ---	1:11.50

**Mixed U 10 - 100 Metre x 4**

Record: S 58.49 24/11/2012 South Eastern

Name	Year Centre	Heats
Heat 1 Heats		
1 Jamison, 163	W ---	1:02.56Q
2 Tiger Wests, 68	W ---	1:03.11q
3 Helensburgh, 44	W ---	1:03.25q
4 Prospect, 95	W ---	1:04.29q
5 Prestons Robins, 250	W ---	1:12.96
Heat 2 Heats		

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**

**Results**

**...Mixed U 10 - 100 Metre x 4**

1 Greystanes, 39	W ---	1:02.35Q
2 Douglas Park, 179	W ---	1:04.65q
3 South Eastern, 152	W ---	1:04.80q
4 Tallawong Park, 139	W ---	1:07.55q

**Mixed U 10 - 100 Metre x 4**

Record: S 58.49 24/11/2012 South Eastern

Name	Year Centre	Final
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Section 1 Final

1 Greystanes, 39	W ---	1:02.25
2 South Eastern, 152	W ---	1:02.94
3 Tiger Wests, 68	W ---	1:03.09
4 Helensburgh, 44	W ---	1:03.25
5 Jamison, 163	W ---	1:03.41
6 Douglas Park, 179	W ---	1:05.13
7 Prospect, 95	W ---	1:06.16
8 Tallawong Park, 139	W ---	1:07.84

**Mixed U 11 - 100 Metre x 4**

Record: S 57.02 24/11/2012 Wollongong City

Name	Year Centre	Heats
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Heat 1 Heats

1 Kurrajong Bilpin, 150	W ---	S 56.77Q
2 Prospect, 95	W ---	57.57q
3 Greystanes, 39	W ---	59.74q
4 Douglas Park, 179	W ---	1:02.11q
5 Tallawong Park, 139	W ---	1:02.35
6 Cranebrook, 184	W ---	1:06.53

Heat 2 Heats

1 Helensburgh, 44	W ---	S 56.92Q
2 Wollondilly, 160	W ---	58.51q
3 Jamison, 163	W ---	59.61q
4 Tiger Wests, 68	W ---	1:01.83q
5 Prestons Robins, 250	W ---	1:06.57

**Mixed U 11 - 100 Metre x 4**

Record: S 57.02 24/11/2012 Wollongong City

Name	Year Centre	Final
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Section 1 Final

1 Kurrajong Bilpin, 150	W ---	56.96S
2 Prospect, 95	W ---	57.39
3 Wollondilly, 160	W ---	58.99
4 Helensburgh, 44	W ---	59.45
5 Jamison, 163	W ---	1:00.09
6 Douglas Park, 179	W ---	1:03.48
7 Greystanes, 39	W ---	1:04.32

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Mixed U 12 - 100 Metre x 4**

Record: S 54.27 25/11/2012 Holroyd			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Prestons Robins, 250	W	---	58.21Q
2 Greystanes, 39	W	---	59.26q
3 Cranebrook, 184	W	---	1:00.81q
4 Ambarvale, 58	W	---	1:01.07
Heat 2 Heats			
1 Kurrajong Bilpin, 150	W	---	S 54.24Q
2 South Eastern, 152	W	---	54.50q
3 Prospect, 95	W	---	56.21q
4 Helensburgh, 44	W	---	57.13q
5 Jamison, 163	W	---	59.88q

**Mixed U 12 - 100 Metre x 4**

Record: S 54.27 25/11/2012 Holroyd			
Name	Year	Centre	Final
Section 1 Final			
1 South Eastern, 152	W	---	54.24S
2 Kurrajong Bilpin, 150	W	---	54.25S
3 Prospect, 95	W	---	56.92
4 Helensburgh, 44	W	---	57.28
5 Prestons Robins, 250	W	---	58.98
6 Greystanes, 39	W	---	59.04
7 Jamison, 163	W	---	1:01.00
8 Cranebrook, 184	W	---	1:01.57

**Mixed U 13 - 100 Metre x 4**

Record: S 52.07 25/11/2012 Holroyd			
Name	Year	Centre	Final
Section 1			
1 South Eastern, 152	W	---	53.14
2 Jamison, 163	W	---	53.34
3 Helensburgh, 44	W	---	54.46
4 Kurrajong Bilpin, 150	W	---	54.90
5 Greystanes, 39	W	---	59.05
6 Prestons Robins, 250	W	---	1:01.44

**Mixed U 14 - 100 Metre x 4**

Record: S 50.72 25/11/2012 Wollongong City			
Name	Year	Centre	Final
1 Kurrajong Bilpin, 150	W	---	52.58
2 Albion Park, 71	W	---	53.24
3 Prestons Robins, 250	W	---	1:02.57



**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Mixed U 15 - 100 Metre x 4**

Record: S 49.36 28/11/2010 Wollongong City			
Name	Year	Centre	Final
1 Prospect, 95	W	---	50.32
2 Helensburgh, 44	W	---	51.28
3 Jamison, 163	W	---	52.13
4 Prestons Robins, 250	W	---	53.61

**Mixed U 17 - 100 Metre x 4**

Record: S 46.03 29/11/2009 Cherrybrook			
Name	Year	Centre	Final
1 Jamison, 163	W	---	48.69
-- Helensburgh, 44	W	---	DQ IAAF 170.7

**Mixed U 8 - 200 Metre x 4**

Name	Year	Centre	Heats
Heat 1 Heats			
1 Ku-Ring-Gai, 84	W	---	2:19.93Q
2 Balmain, 17	W	---	2:24.32q
3 Wollongong City, 102	W	---	2:27.10q
4 Sutherland, 11	W	---	2:30.14q
5 Albion Park, 71	W	---	2:31.05
6 Hills District, 15	W	---	2:35.12
7 Cherrybrook, 219	W	---	2:43.71
8 Hornsby, 4	W	---	2:43.93
Heat 2 Heats			
1 Randwick Botany, 1	W	---	2:22.41Q
2 Port Hacking, 110	W	---	2:28.89q
3 Manly Warringah, 3	W	---	2:30.46q
4 Ryde, 38	W	---	2:36.70
5 Northern Suburbs, 54	W	---	2:42.10
6 Tiger Wests, 68	W	---	2:44.81
Heat 3 Heats			
1 Camden, 61	W	---	2:32.92Q
2 Campbelltown, 36	W	---	2:33.94
3 Mosman, 19	W	---	2:35.20
4 Jamison, 163	W	---	2:35.44
5 Eastern Suburbs, 2	W	---	2:37.01
6 Winston Hills, 76	W	---	2:46.80

**Mixed U 8 - 200 Metre x 4**

Name	Year	Centre	Final
Section 1 Final			
1 Ku-Ring-Gai, 84	W	---	2:17.41
2 Randwick Botany, 1	W	---	2:18.91
3 Balmain, 17	W	---	2:21.19
4 Wollongong City, 102	W	---	2:26.20
5 Camden, 61	W	---	2:28.59
6 Sutherland, 11	W	---	2:28.63

**LITTLE ATHLETICS NSW  
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**Results**

**...Mixed U 8 - 200 Metre x 4**

7 Port Hacking, 110	W ---	2:29.33
8 Manly Warringah, 3	W ---	2:29.54

**Mixed U 9 - 200 Metre x 4**

Name	Year Centre	Heats
Heat 1 Heats		
1 Randwick Botany, 1	W ---	2:11.23Q
2 Doonside, 140	W ---	2:14.76q
3 Sutherland, 11	W ---	2:16.10q
4 Balmain, 17	W ---	2:20.24
5 Quakers Hill, 199	W ---	2:27.90
6 Tiger Wests, 68	W ---	2:37.97
Heat 2 Heats		
1 Campbelltown, 36	W ---	2:13.31Q
2 Bankstown Sports, 5	W ---	2:16.69q
3 Northern Suburbs, 54	W ---	2:17.60
4 Ryde, 38	W ---	2:22.35
5 Helensburgh, 44	W ---	2:23.05
6 Albion Park, 71	W ---	2:23.27
Heat 3 Heats		
1 Manly Warringah, 3	W ---	2:10.40Q
2 Port Hacking, 110	W ---	2:15.00q
3 Greystanes, 39	W ---	2:18.44
4 Wollongong City, 102	W ---	2:20.07
5 Ku-Ring-Gai, 84	W ---	2:22.22
6 Mosman, 19	W ---	2:25.07
Heat 4 Heats		
1 Hills District, 15	W ---	2:17.51Q
2 Canterbury, 55	W ---	2:21.32
3 Blacktown, 8	W ---	2:27.37
4 Jamison, 163	W ---	2:37.96

**Mixed U 9 - 200 Metre x 4**

Name	Year Centre	Final
Section 1 Final		
1 Manly Warringah, 3	W ---	2:07.11
2 Port Hacking, 110	W ---	2:12.27
3 Doonside, 140	W ---	2:12.61
4 Hills District, 15	W ---	2:12.76
5 Randwick Botany, 1	W ---	2:16.08
6 Campbelltown, 36	W ---	2:16.26
7 Bankstown Sports, 5	W ---	2:17.54
8 Sutherland, 11	W ---	2:23.25

**Mixed U 10 - 400 Metre x 4**

Name	Year Centre	Heats
Record: S 4:40.99 27/11/2010 Albion Park		
Heat 1 Heats		
1 Camden, 61	W ---	4:53.47Q

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP  
Results**

**...Mixed U 10 - 400 Metre x 4**

2 Ku-Ring-Gai, 84	W ---	4:55.88q
3 Wollongong City, 102	W ---	5:01.42q
4 Eastern Suburbs, 2	W ---	5:18.10
5 Emu Plains, 121	W ---	5:20.04
6 Cherrybrook, 219	W ---	5:25.27
7 Ryde, 38	W ---	5:36.27
8 Winston Hills, 76	W ---	6:04.94

Heat 2 Heats

1 Tuggerah Lk Mingara, 165	W ---	4:54.26Q
2 Balmain, 17	W ---	5:02.28q
3 Hills District, 15	W ---	5:07.50
4 Port Hacking, 110	W ---	5:08.89
5 Bankstown Sports, 5	W ---	5:11.94
6 Jamison, 163	W ---	5:22.83
7 Albion Park, 71	W ---	5:41.22

Heat 3 Heats

1 Manly Warringah, 3	W ---	4:54.41Q
2 Randwick Botany, 1	W ---	4:59.15q
3 Sutherland, 11	W ---	5:06.29q
4 Greystanes, 39	W ---	5:13.53
5 Northern Suburbs, 54	W ---	5:22.52
6 Mosman, 19	W ---	5:31.14
7 Tiger Wests, 68	W ---	5:36.72
8 Hornsby, 4	W ---	5:43.55

**Mixed U 10 - 400 Metre x 4**

Record: S 4:40.99 27/11/2010 Albion Park

Name	Year Centre	Final
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Section 1 Final

1 Tuggerah Lk Mingara, 165	W ---	4:48.07	
2 Balmain, 17	W ---	5:00.14	
3 Camden, 61	W ---	5:02.00	
4 Wollongong City, 102	W ---	5:06.52	
5 Sutherland, 11	W ---	5:12.90	
6 Randwick Botany, 1	W ---	5:21.81	
-- Ku-Ring-Gai, 84	W ---	DQ	IAAF 170.15
-- Manly Warringah, 3	W ---	DQ	IAAF 170.15

**Mixed U 11 - 400 Metre x 4**

Record: S 4:38.66 27/11/2010 Northern Suburbs

Name	Year Centre	Heats
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Heat 1 Heats

1 Bankstown Sports, 5	W ---	4:46.09Q
2 Canterbury, 55	W ---	4:49.94q
3 Port Hacking, 110	W ---	4:53.04q
4 Sutherland, 11	W ---	5:00.48q
5 Camden, 61	W ---	5:03.42
6 Albion Park, 71	W ---	5:04.40
7 Tiger Wests, 68	W ---	5:52.34

Heat 2 Heats

1 Northern Suburbs, 54	W ---	4:48.94Q
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**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**...Mixed U 11 - 400 Metre x 4**

2 Wollongong City, 102	W ---	4:51.85q	
3 Balmain, 17	W ---	4:55.98q	
4 Ryde, 38	W ---	5:01.37	
5 Emu Plains, 121	W ---	5:15.54	
6 Mosman, 19	W ---	5:17.30	
7 Eastern Suburbs, 2	W ---	5:42.74	
-- Manly Warringah, 3	W ---	DQ	IAAF 163.3

Heat 3 Heats

1 Randwick Botany, 1	W ---	4:53.75Q	
2 Ku-Ring-Gai, 84	W ---	5:05.46	
3 Winston Hills, 76	W ---	5:08.74	
4 Hornsby, 4	W ---	5:14.26	
5 Jamison, 163	W ---	5:23.24	
-- Hills District, 15	W ---	DQ	IAAF 170.7
-- Greystanes, 39	W ---	DQ	IAAF 163.3

**Mixed U 11 - 400 Metre x 4**

Record: S 4:38.66 27/11/2010 Northern Suburbs

Name	Year	Centre	Final
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Section 1 Final

1 Bankstown Sports, 5	W ---	4:42.77
2 Wollongong City, 102	W ---	4:43.67
3 Northern Suburbs, 54	W ---	4:47.53
4 Canterbury, 55	W ---	4:48.61
5 Randwick Botany, 1	W ---	4:49.91
6 Port Hacking, 110	W ---	4:53.76
7 Balmain, 17	W ---	4:55.07
8 Sutherland, 11	W ---	5:01.01

**Mixed U 12 - 400 Metre x 4**

Record: S 4:21.96 27/11/2011 Ku-Ring-Gai

Name	Year	Centre	Heats
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Heat 1 Heats

1 Mosman, 19	W ---	4:45.77Q
2 Cherrybrook, 219	W ---	4:49.80
3 Emu Plains, 121	W ---	4:56.45

Heat 2 Heats

1 Northern Suburbs, 54	W ---	4:34.78Q
2 Sutherland, 11	W ---	4:35.62q
3 Ku-Ring-Gai, 84	W ---	4:36.98q
4 Albion Park, 71	W ---	4:37.54q
5 Hornsby, 4	W ---	4:39.94q
6 Greystanes, 39	W ---	5:00.31
7 Camden, 61	W ---	5:05.07

Heat 3 Heats

1 Manly Warringah, 3	W ---	4:33.08Q
2 Randwick Botany, 1	W ---	4:47.56q
3 Wollongong City, 102	W ---	4:52.82
4 Holroyd, 6	W ---	4:53.41
5 Winston Hills, 76	W ---	5:05.79
6 Eastern Suburbs, 2	W ---	5:08.66

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**...Mixed U 12 - 400 Metre x 4**

-- Hills District, 15                   W ---   DQ   IAAF 170.19

**Mixed U 12 - 400 Metre x 4**

Record: S 4:21.96   27/11/2011   Ku-Ring-Gai

Name	Year Centre	Final
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## Section 1 Final

1 Sutherland, 11	W ---	4:30.06
2 Manly Warringah, 3	W ---	4:30.59
3 Hornsby, 4	W ---	4:34.28
4 Ku-Ring-Gai, 84	W ---	4:35.32
5 Northern Suburbs, 54	W ---	4:39.52
6 Albion Park, 71	W ---	4:47.59
7 Mosman, 19	W ---	4:49.34
8 Randwick Botany, 1	W ---	4:49.87

**Mixed U 13 - 400 Metre x 4**

Record: S 4:11.16   28/11/2010   Doonside

Name	Year Centre	Heats
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## Heat 1 Heats

1 Helensburgh, 44	W ---	4:26.64Q
2 Hills District, 15	W ---	4:34.57q
3 Eastern Suburbs, 2	W ---	4:46.14
4 Mosman, 19	W ---	4:52.03

## Heat 2 Heats

1 Ryde, 38	W ---	4:34.10Q
2 Hornsby, 4	W ---	4:40.42q
3 Sutherland, 11	W ---	4:40.76q
4 Cherrybrook, 219	W ---	4:58.27

## Heat 3 Heats

1 Manly Warringah, 3	W ---	4:14.39Q
2 Northern Suburbs, 54	W ---	4:36.53q
3 Port Hacking, 110	W ---	4:39.36q
4 Camden, 61	W ---	4:43.79

**Mixed U 13 - 400 Metre x 4**

Record: S 4:11.16   28/11/2010   Doonside

Name	Year Centre	Final
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## Section 1 Final

1 Manly Warringah, 3	W ---	4:04.56S
2 Helensburgh, 44	W ---	4:25.20
3 Port Hacking, 110	W ---	4:32.28
4 Ryde, 38	W ---	4:33.32
5 Hills District, 15	W ---	4:34.81
6 Northern Suburbs, 54	W ---	4:35.15
7 Sutherland, 11	W ---	4:42.37
8 Hornsby, 4	W ---	4:47.58

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Mixed U 14 - 400 Metre x 4**

Record: S 3:56.64 25/11/2012 Holroyd			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Ryde, 38	W	---	4:03.03Q
2 Manly Warringah, 3	W	---	4:03.76q
3 Holroyd, 6	W	---	4:10.69q
4 Albion Park, 71	W	---	4:25.03q
Heat 2 Heats			
1 Randwick Botany, 1	W	---	4:08.65Q
2 Ku-Ring-Gai, 84	W	---	4:10.67q
3 Northern Suburbs, 54	W	---	4:16.72q
4 Camden, 61	W	---	4:22.91q
5 Winston Hills, 76	W	---	4:40.66

**Mixed U 14 - 400 Metre x 4**

Record: S 3:56.64 25/11/2012 Holroyd			
Name	Year	Centre	Final
Section 1 Final			
1 Manly Warringah, 3	W	---	4:00.39
2 Ryde, 38	W	---	4:03.26
3 Northern Suburbs, 54	W	---	4:06.23
4 Ku-Ring-Gai, 84	W	---	4:10.66
5 Holroyd, 6	W	---	4:12.77
6 Randwick Botany, 1	W	---	4:14.67
7 Camden, 61	W	---	4:29.65

**Mixed U 15 - 400 Metre x 4**

Record: S 3:49.06 27/11/2011 Manly Warringah			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Northern Suburbs, 54	W	---	3:58.47Q
2 Randwick Botany, 1	W	---	4:05.18q
3 Kings Langley, 53	W	---	4:21.57
Heat 2 Heats			
1 Adamstown/NewLambton, 21	W	---	4:00.71Q
2 Doonside, 140	W	---	4:05.90q
3 Rouse Hill Rams, 248	W	---	4:09.19q
4 Sutherland, 11	W	---	4:17.39q
5 Winston Hills, 76	W	---	4:19.85
Heat 3 Heats			
1 Holroyd, 6	W	---	3:54.79Q
2 Manly Warringah, 3	W	---	3:58.86q
3 Hills District, 15	W	---	4:21.12
4 Cherrybrook, 219	W	---	4:27.11

**LITTLE ATHLETICS NSW  
STATE RELAY CHAMPIONSHIP**

**Results**

**Mixed U 15 - 400 Metre x 4**

Record: S 3:49.06 27/11/2011 Manly Warringah			
Name	Year	Centre	Final
Section 1 Final			
1 Holroyd, 6	W	---	3:53.39
2 Manly Warringah, 3	W	---	3:55.71
3 Northern Suburbs, 54	W	---	3:59.57
4 Adamstown/NewLambton, 21	W	---	4:03.37
5 Doonside, 140	W	---	4:06.93
6 Randwick Botany, 1	W	---	4:09.15

**Mixed U 17 - 400 Metre x 4**

Record: S 3:43.02 25/11/2012 Northern Suburbs			
Name	Year	Centre	Heats
Heat 1 Heats			
1 Sutherland, 11	W	---	3:47.02Q
2 Camden, 61	W	---	3:49.52q
3 Northern Suburbs, 54	W	---	3:51.21q
4 Hills District, 15	W	---	3:55.79q
5 Mosman, 19	W	---	4:09.13
-- Ryde, 38	W	---	DQ IAAF 170.7
Heat 2 Heats			
1 Manly Warringah, 3	W	---	3:58.45Q
2 Wollongong City, 102	W	---	3:58.67q
3 Randwick Botany, 1	W	---	4:02.57q
4 Winston Hills, 76	W	---	4:05.19q
5 Smithfield, 146	W	---	4:18.16

**Mixed U 17 - 400 Metre x 4**

Record: S 3:43.02 25/11/2012 Northern Suburbs			
Name	Year	Centre	Final
Section 1 Final			
1 Camden, 61	W	---	3:44.76
2 Manly Warringah, 3	W	---	3:50.68
3 Northern Suburbs, 54	W	---	3:52.12
4 Hills District, 15	W	---	3:55.57
5 Sutherland, 11	W	---	3:59.34
6 Wollongong City, 102	W	---	4:06.22
7 Winston Hills, 76	W	---	4:13.96

**Mixed U 8-11 100 Metre x 4 (Junior)**

Record: S 1:05.01 26/11/2011 Mt Druitt			
Name	Year	Centre	Final
Section 1			
1 Mt Druitt, 119	W	---	1:15.33

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results**

**Mixed U 8-11 4 x Long Jump (Junior)**

Record: S 25.72m 26/11/2010 Prestons Robins			
Name	Year	Centre	Final
Flight 1			
1 Mt Druitt, 119	W	---	18.59m

**Mixed U 12-15 100 Metre x 4 (Senior)**

Record: S 55.55 29/11/2009 Prestons Robins			
Name	Year	Centre	Final
Section 1			
1 Mt Druitt, 119	W	---	56.86
2 Tallawong Park, 139	W	---	58.98

**Mixed U 12-15 4 x Long Jump (Senior)**

Record: S 24.70m 27/11/2011 Mt Druitt			
Name	Year	Centre	Final
Flight 1			
1 Mt Druitt, 119	W	---	22.34m
2 Tallawong Park, 139	W	---	22.06m